PERSONALIZED DNA REPORT

Your genes, read for you.

161 genetic traits across 23 areas of health, each with a plain-language result and recommendations built around your DNA.

PREPARED FOR	REPORT DATE	AREAS	TRAITS	DEEP DIVE
GeneStyle Test	Oct 13, 2026	23	161	Diet

WHAT YOUR REPORT COVERS

ANTI-AGING 6 traits	CARDIAC HEALTH 4 traits	DIET 9 traits	EYE HEALTH 5 traits
GUT HEALTH 3 traits	HAIR HEALTH 4 traits	HEALTH AND METABOLIC CONDITIONS 13 traits	HORMONE HEALTH 7 traits
IMMUNITY AND INFLAMMATION 8 traits	INJURY RISK 5 traits	INTOLERANCES AND SENSITIVITIES 5 traits	KIDNEY HEALTH 3 traits
LIVER HEALTH 2 traits	LUNG HEALTH 6 traits	MENTAL HEALTH 5 traits	NEURO HEALTH 4 traits
PHYSICAL 12 traits	PSYCHOLOGICAL TRAITS 8 traits	SKIN HEALTH 6 traits	SLEEP 6 traits
STRESS 6 traits	SUPPLEMENTS 18 traits	VITAMINS AND MINERALS 16 traits	

YOUR DNA REPORT AT A GLANCE

One result from every area

Anti-Aging 6 TRAITS

SAMPLE TRAIT · BACK PAIN AND AGING

Your DNA shows a slightly raised genetic risk—up to double—for lumbar disc degeneration, meaning sedentary behavior increases the chance of disc drying, herniation, and back pain.

Try: Try to reduce sitting time because a sedentary lifestyle increases your risk.

Cardiac Health 4 TRAITS

SAMPLE TRAIT · CHOLESTEROL

Genetic analysis shows a minor increased risk for cholesterol-related issues, with common variants affecting LDL/HDL/triglycerides and no protective genotypes detected.

Try: You should get a baseline fasting lipid panel and repeat it regularly to monitor LDL, HDL, and triglycerides.

Diet 9 TRAITS

DEEP DIVE FOLLOWS

SAMPLE TRAIT · RESPONSE TO UNSATURATED FATS

You have a beneficial response to unsaturated fats, which can lower LDL, raise HDL, reduce inflammation, improve heart and brain health, and aid blood sugar control.

Try: You should include more unsaturated fats (olive oil, nuts, avocados, fatty fish) in your meals.

Eye Health 5 TRAITS

SAMPLE TRAIT · SIGHT LOSS

This standard genetic result indicates a minor risk of sight loss and no immediate concern.

Try: You should keep up with regular eye exams to monitor any changes.

Gut Health 3 TRAITS

SAMPLE TRAIT · STRESS AND GUT HEALTH

This test indicates increased risk that stress will disrupt your gut microbiome, promoting inflammation, impaired digestion, and a weakened gut barrier.

Try: You should practice daily stress-reduction techniques like deep breathing or meditation to protect your gut.

Hair Health 4 TRAITS

SAMPLE TRAIT · DRY HAIR

Your test shows a normal genetic risk for dry hair, although curly texture and lower sebum production can still increase dryness.

Try: Focus on extra moisturizing if your hair is curly since curls often trap less sebum.

Health and Metabolic Conditions 13 TRAITS

SAMPLE TRAIT · GENETIC BONE MINERAL DENSITY

Your genetic test indicates normal bone mineral density and normal risk of bone density disorders; aim for about 1000 mg calcium daily and vitamin D from sunlight, foods, or supplements.

Try: Aim to get about 1000 mg of calcium each day.

Hormone Health 7 TRAITS

SAMPLE TRAIT · MTHFR MUTATION

You have a low genetic risk for an MTHFR mutation, but MTHFR variants can reduce folic acid conversion by 10–20%, so maintaining adequate folate intake is important.

Try: You should keep eating folate-rich foods like leafy greens, legumes, and citrus regularly.

Immunity and Inflammation 8 TRAITS

SAMPLE TRAIT · IMMUNE FUNCTION

Your DNA indicates a normal immune response, with HLA, interleukin, TNF, TLR, and immunoglobulin genes influencing inflammation, infection susceptibility, and autoimmune or allergy risk.

Try: You should keep up with recommended vaccinations to support your normal immune response.

Injury Risk 5 TRAITS

SAMPLE TRAIT · ACHILLES TENDINOPATHY

You have an increased genetic risk of Achilles tendinopathy due to gene variants, so prioritize rest, flexibility, and avoid training through sharp pain.

Try: You should rest and avoid training through any sharp Achilles pain.

Intolerances and Sensitivities 5 TRAITS

SAMPLE TRAIT · SUGAR SENSITIVITY

You have a low genetic risk for sugar sensitivity and are unlikely to experience sugar-related gastrointestinal symptoms.

Try: Enjoy the occasional sweet treat with confidence while prioritizing balanced meals and whole foods.

YOUR DNA REPORT AT A GLANCE · CONTINUED

Kidney Health — 3 TRAITS

SAMPLE TRAIT · KIDNEY STONE

Your genetic risk for kidney stones is average, though rs219780 C allele raises risk 1.6× and rs1801725 T allele is associated with higher serum calcium.

Try: You should drink plenty of water daily to lower your kidney stone risk.

Liver Health — 2 TRAITS

SAMPLE TRAIT · FAT STORAGE

Your DNA shows average genetic risk but you inherit some risk factors for fatty liver, which can be worsened by alcohol, high-calorie diet, obesity, and insulin resistance.

Try: You should limit alcohol intake to reduce your risk of fatty liver.

Lung Health — 6 TRAITS

SAMPLE TRAIT · ENVIRONMENTAL TOXICITY

Genetic results indicate a low risk of lung damage from environmental toxins, with low inflammation, COPD, oxidative stress, nicotine-dependence risks and effective detoxification.

Try: Keep avoiding cigarette smoke and vaping to maintain your low nicotine dependence and heavy smoking risk.

Mental Health — 5 TRAITS

SAMPLE TRAIT · CAFFEINE AND FOCUS

You are an average caffeine metabolizer who experiences improved focus and cognitive function from moderate caffeine, but should avoid high or excessive intake to prevent negative effects and tolerance.

Try: You should stick to moderate caffeine amounts to match your average metabolizer status.

Neuro Health — 4 TRAITS

SAMPLE TRAIT · PHOTOSENSITIVITY

Genetic results indicate a low genetic risk of photosensitivity, suggesting minimal inherited sensitivity of skin and eyes to UV light.

Try: Try to protect your skin with broad-spectrum sunscreen when you're outside for long periods.

Physical — 12 TRAITS

SAMPLE TRAIT · BEST TIME OF DAY TO EXERCISE

Your genetics suggest the best time to exercise is in the morning or daytime for optimal training efficiency and lifestyle compatibility.

Try: You should schedule your workouts in the morning or daytime to match your optimal time.

Psychological Traits — 8 TRAITS

SAMPLE TRAIT · BRAIN FOG

Genetic testing shows an increased genetic risk for brain fog, which may contribute to confusion, forgetfulness, and difficulty focusing exacerbated by stress, poor sleep, or nutrition.

Try: You should prioritize regular sleep (7–9 hours) and keep a consistent bedtime to reduce brain fog.

Skin Health — 6 TRAITS

SAMPLE TRAIT · BETA-CAROTENE CONVERSION

Your test shows a 20–30% lower beta-carotene-to-vitamin A conversion, meaning you may need more dietary carotene or preformed vitamin A and could risk dry skin or poor wound healing.

Try: You should eat more carotene-rich vegetables like carrots, sweet potatoes, spinach, and kale every day.

Sleep — 6 TRAITS

SAMPLE TRAIT · FRAGMENTED SLEEP

Your fragmented sleep is unlikely genetic and is more likely caused by external factors such as artificial light, noise, or uncomfortable sleep conditions.

Try: You should focus on environmental causes since there's no genetic link to fragmented sleep.

Stress — 6 TRAITS

SAMPLE TRAIT · STRESS AND SLEEP

This test found no genetic link between stress and poor sleep, though reducing stress remains beneficial for overall health.

Try: You should keep practicing stress-reduction techniques because they help your overall health.

Supplements — 18 TRAITS

SAMPLE TRAIT · CREATINE MONOHYDRATE

Your genetics predict an average response to creatine supplementation with likely improvements in muscle power and recovery, especially if your diet is low in meat.

Try: You should try a standard creatine monohydrate supplement to gain power and improve recovery.

Vitamins and Minerals — 16 TRAITS

SAMPLE TRAIT · OMEGA-3

This test shows increased risk for omega-3 deficiency, so you may need more than the RDA and could consider a 2000–5000 mg supplement or daily salmon and a blood check.

Try: You should aim to increase your omega-3 intake because you have an increased risk for deficiency.

DEEP DIVE · DIET · YOUR RESULTS

Your diet DNA

8 TRAITS

3 FAVORABLE

3 FOCUS AREAS

Labels reflect the original wording of each result (“good,” “beneficial,” “increased risk,” “likely”). Where a result doesn’t clearly point one way, it’s shown as stated.

TRAIT	RESULT	WHAT YOUR DNA SHOWS
Fat Distribution	Favorable	Your fat distribution is normal and more pear-shaped (waist smaller than hips), meaning more subcutaneous fat and lower visceral fat risk.
Likelihood to Snack	Focus area	You are likely to snack between meals; choose nutrient-rich snacks to stay full and limit high-calorie options to avoid weight gain.
Metabolic Rate	As stated	Your DNA indicates a tendency toward a faster metabolism and higher basal metabolic rate, meaning you may burn calories more quickly though that doesn’t guarantee better overall health.
Response to Carbohydrates	Typical	You have a normal risk of weight gain from carbohydrates, and eating complex carbohydrates provides steady energy because weight gain is not caused solely by carbs.
Response to Protein	Favorable	You have a good genetic response to protein; consume 10–30 g per meal, spread intake throughout the day, and avoid more than 100 g in one sitting.
Response to Saturated Fats	Focus area	You have an increased risk of weight gain from saturated fats, so limit intake and prefer unsaturated fats like nuts and fish.
Response to Sugar	Focus area	Your DNA indicates increased fat gain and higher obesity and type 2 diabetes risk from sugar, so keep added sugars under 10% (preferably <5%) and avoid sugary beverages.
Response to Unsaturated Fats	Favorable	You have a beneficial response to unsaturated fats, which can lower LDL, raise HDL, reduce inflammation, improve heart and brain health, and aid blood sugar control.

DEEP DIVE · DIET · YOUR ACTION PLAN

Your diet plan

Recommendations from each of your eight diet results, in their original wording, grouped by what they ask you to do.

Lean in

01 You should include more unsaturated fats (olive oil, nuts, avocados, fatty fish) in your meals. · Response to Unsaturated Fats

02 You should pair unsaturated fats with carbs to help stabilize blood sugar after meals. · Response to Unsaturated Fats

03 Aim to eat about 10–30 g of whole protein at each meal. · Response to Protein

04 Break up your protein intake across the day rather than loading it into one meal. · Response to Protein

05 You should maintain a healthy overall fat distribution. · Fat Distribution

06 Use genetics, diet, and lifestyle to influence your fat distribution. · Fat Distribution

Limit

07 You should keep added sugars to under 10% of your daily calories and aim for under 5% when possible. · Response to Sugar

08 Try to avoid sugar-sweetened beverages like soda, sports drinks, and sweetened coffee. · Response to Sugar

09 You should limit your intake of saturated fats. · Response to Saturated Fats

10 Focus on unsaturated fats like nuts, seeds, and oily fish. · Response to Saturated Fats

11 Try to pick snacks that are nutrient-rich like fruit, nuts, yogurt, or veggies. · Likelihood to Snack

12 You should plan healthy snack options ahead of time to avoid impulsive choices. · Likelihood to Snack

Balance

13 Focus on getting most of your carbs from complex sources that digest slowly. · Response to Carbohydrates

14 Try to include whole grains, legumes, and vegetables to support steady energy. · Response to Carbohydrates

15 Be mindful that weight gain isn't caused solely by carbs, so monitor total calories and activity. · Response to Carbohydrates

16 You should eat enough calories and regular meals to match your faster calorie burn. · Metabolic Rate

17 Focus on strength training to increase muscle mass and further boost your metabolism. · Metabolic Rate

18 Consider getting a thyroid check if you have symptoms like rapid heartbeat, weight loss, or tremors. · Metabolic Rate

NOTE These recommendations are educational and based on your genetic results. Before starting supplements or making major diet changes, especially alongside medications, talk with your healthcare provider.

DEEP DIVE · DIET · THE BIG PICTURE

How your diet results fit together

KEY TAKEAWAY

Your results describe a generally balanced metabolic and dietary profile with specific sensitivities and clear areas where small adjustments can support long-term health.

What it means

Responses to macronutrients are mixed in ways that can be leveraged. Protein response is favorable, supporting muscle maintenance and immune function. You appear to respond well to unsaturated fats, which support heart and brain health. There is an increased sensitivity to saturated fats, and added sugars represent a more pronounced risk in your profile, with higher potential for fat gain and an elevated type 2 diabetes risk when consumed in excess.

Your approach

Taken together, these results point to a consistent approach: prioritize whole, minimally processed foods; emphasize unsaturated fats such as those from nuts, seeds, oily fish, and plant oils; distribute protein across meals; choose complex carbohydrates for sustained energy; and limit saturated fats and added sugars.

SPOTLIGHT · RESPONSE TO UNSATURATED FATS

Favorable

You have a beneficial response to unsaturated fats, which can lower LDL, raise HDL, reduce inflammation, improve heart and brain health, and aid blood sugar control.

SWAP TOWARD	PAIR WITH	WHY
olive oil, nuts, avocados, fatty fish	carbs, to help stabilize blood sugar after meals	lower LDL, raise HDL, reduce inflammation risk

How this is measured

Each diet result comes from genetic indicators linked to that trait, compared with typical population tendencies. Genetics is only one part of the picture: diet, physical activity, sleep, and other lifestyle factors strongly influence whether a genetic tendency is realized.